

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01208, Cheese, provolone, reduced fat

Report Date: December 09, 2015 18:13 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	50.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kcal	274	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2013
Energy	kJ	1146	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2013
Protein	g	24.70	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Total lipid (fat)	g	17.60	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Ash	g	3.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carbohydrate, by difference	g	3.50	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Sugars, total	g	0.55	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca	mg	756	--	17.043	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Iron, Fe	mg	0.52	--	0.065	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Magnesium, Mg	mg	28	--	0.776	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Phosphorus, P	mg	496	--	16.404	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Potassium, K	mg	138	--	12.835	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Sodium, Na	mg	615	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	3.23	--	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Copper, Cu	mg	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Manganese, Mn	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Thiamin	mg	0.019	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Riboflavin	mg	0.321	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Niacin	mg	0.156	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Pantothenic acid	mg	0.476	--	0.154	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Vitamin B-6	mg	0.073	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folate, total	µg	10	--	1.110	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Folate, food	µg	10	--	1.110	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	12.9	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	1.46	--	0.136	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin A, RAE	µg	141	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	137	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Carotene, beta	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Vitamin A, IU	IU	532	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	13	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	01009	04/2007
Lipids													
Fatty acids, total saturated	g	11.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.650	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
6:0	g	0.240	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
8:0	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
10:0	g	0.320	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
12:0	g	0.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
14:0	g	1.820	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:0	g	5.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:0	g	2.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total monounsaturated	g	4.890	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
16:1 undifferentiated	g	0.580	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:1 undifferentiated	g	4.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Fatty acids, total polyunsaturated	g	0.510	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:2 undifferentiated	g	0.330	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:3 undifferentiated	g	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

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22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Cholesterol	mg	55	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2009
Amino Acids													
Tryptophan	g	0.345	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Threonine	g	0.982	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Isoleucine	g	1.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Leucine	g	2.297	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Lysine	g	2.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Methionine	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Cystine	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Phenylalanine	g	1.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Valine	g	1.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Arginine	g	1.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Histidine	g	1.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Alanine	g	0.706	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Aspartic acid	g	1.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Glutamic acid	g	6.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Glycine	g	0.433	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Proline	g	2.766	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007
Serine	g	1.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2007